

Employee Assistance Program

1-800-852-3345, Ext. 4336 or 271-4336



Build and use Support Systems

A sense of belonging is good for the body and spirit. People with strong support systems tend to be healthier, happier, and better able to tolerate stress. Our friends, family members, and coworkers can provide valuable feedback, help us confront difficult situations, and encourage us to meet our goals.

Our spouses, partners, and family members are frequently our primary sources of emotional support. Coworkers and members of our professional organizations often form our career support networks. Support systems come in many shapes and sizes. Here are some common ones:

Career Support Network

- coworkers
- supervisors
- **EAP** professionals
- mentors

Professional Counselors

- therapists
- clergy members
- career advisors
- support groups



Friends and Family

- immediate and extended family members
- personal friends
- parents of children in care group
- members in your house of worship
- people who share common interests and hobbies
- exercise partners
- neighbors
- fellow community volunteers

Give and Take

Support systems are second nature for some people. Others work hard to develop them. One thing to remember is that all relationships are a matter of give and take.

Give your attention.

People love to have others take on interest in them. Find out what makes your friends tick. Ask questions about their goals, hobbies, families, and backgrounds.

Take advice.

People are flattered when you ask their advice. It makes them feel important. And it makes them more committed to you and your success.

Give kudos.

It's easy to make people feel positive about themselves. All you have to do is notice what a person is doing well and comment on it.

Take the initiative with new friends.

Make the first call. Invite a friend to join you for a concert. Ask a coworker to join you at a special seminar.

Give help when needed.

Say "yes" to a friend's request for company or assistance when appropriate. You'll be rewarded with a feeling of giving and belonging.